

#### **IMPORTANT**

## It is important to take your treatment as directed by your doctor or nurse.

Please remember to bring your medications, spacer and asthma plan with you when you visit your doctor or nurse.

Additional Information or Advice



South Yorkshire

### My Asthma Plan

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Name



Asthma/practice nurse name



Consultant /Doctor name



Date issued



Date of next review



How to contact your asthma team



Version 2.1 Date created 08/2024

#### **GREEN Zone**



- Have no cough
- Have no wheeze
- Can play or exercise as usual
- Am sleeping well
- Am not missing school / college because of my asthma



To keep my Asthma under control, I need to take my treatment every day.:

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Additional Medication:

Reliever:

I only need my reliever inhaler very occasionally.



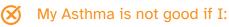
#### **Parents / Carers**

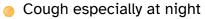
Your child is at risk of a life threatening attack if they do not take their medications as prescribed.

If I am regularly needing extra puffs of my reliever inhaler or my asthma is getting worse:

**MOVE TO THE AMBER ZONE** 

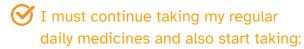
#### **AMBER Zone**







- Have a tight chest
- Feel breathless
- Can't play or exercise or it is harder to play or exercise
- Have difficulty sleeping
- Need my reliever more than 3 times a week





2 to 6 puffs of my reliever (1 puff at a time)

every 4 hours using the spacer.





#### **Parents / Carers**

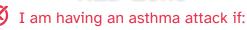
If your child still feels unwell after 24 hours, you need to make an URGENT appointment with your GP Practice or Out of Hours.

If the blue inhaler is not lasting for 4 hours,

MOVE TO THE RED ZONE

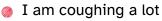
When your asthma is well controlled, you are likely to need less than 3 reliever inhalers per year.

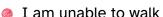
#### **RED Zone**





I am struggling to breathe





I am unable to speak in full sentences



I feel tight in my chest and wheezy



If I am needing my reliever more often than 4 hourly I should tell an adult immediately

I must take 1 puff of my reliever every 30 to 60 seconds up to 10 puffs

# If there is no improvement by 10 minutes I must: Seek emergency help



Ask your care giver, family or friends to help you go through these steps:

Take 1 puff with a spacer every 30-60 seconds (up to 10 puffs) until help arrives If after 10 minutes help has not arrived, I can repeat the step above

## If help does not arrive call 999 again

Even if my symptoms improve I should see my doctor or asthma nurse immediately after an asthma attack